

Mental health - know the signs 2



Normal mood changes
Normal sleep patterns
Physically well, full of energy
Consistent performance
Socially active



Nervousness, irritability, sadness
Trouble sleeping
Tired/low energy, muscle tension, headaches
Low motivation levels
Decreased social activity



Anxiety, anger, sadness, hopelessness
Restless or disturbed sleep
Fatigue, aches and pains
Decreased performance
Insecurity
Social withdrawal



Excessive anxiety, easily enraged, depressed mood
Unable to fall or stay asleep
Exhaustion, physical illness
Unable to perform duties
Not attending work/school
Isolation, avoiding social events



Focus on the task at hand
Break problems into manageable chunks
Identify and nurture support systems
Maintain healthy lifestyle



Recognise limits
Get adequate rest, food and exercise
Engage in healthy coping strategies
Identify and minimise the things that stress you



Identify and understand your own signs of distress
Talk with someone
Seek help
Seek support instead of withdrawing



Talk with someone
Follow health care provider recommendations
Regain physical and mental health